

please note --
Monday AM deadline
for all news releases
-- -- not advertising



VERONESI TOP ATHLETE

ITHACA ... Sophomores Paul Veronesi of Agawam, Mass., and Bob Scanlan of Willowdale, Ontario, Canada, have been selected as the Ithaca College "Athletes of The Week" for their performances during the period of Feb. 2 through 7.

Veronesi scored 20 points, handed out 3 assists, made 2 steals and 3 recoveries as Ithaca lost a 76-71 decision to Colgate last Wednesday.

On Friday, Veronesi tossed in 26 points, had 2 more steals, 4 recoveries, 3 assists and 6 rebounds as Ithaca was edged out by the U. of Rochester, 81-76.

The former Agawam High star has averaged 18.6 points a game this year, and has led Ithaca in scoring in the last 4 games.

(Veronesi is the son of Mr. and Mrs. Albert Veronesi of 20 Central St. and is a 1968 graduate of Agawam H.S.)

WINTER WEEKEND AT WNEC

The "Coming of the 70's" will be the Winter Weekend theme at Western New England College, Feb. 20-22.

A dinner-dance, crowning of the queen, snowsculpturing contest, and a concert in the Springfield Auditorium will be highlights of what WNEC students hope will be "an unforgettable weekend."

The 5th annual winter festival will officially open Thurs. a.m. when students begin casting their votes for Winter Weekend Queen. Things then shift into high gear with the traditional snow sculpturing contest scheduled for Fri. a.m. and the dinner-dance that evening at Chez Josef in Agawam. One of 5 queen candidates — Karyn A. Ahigian of Nashua, N.H., Kaaren A. Hunt of Chelmsford, Mass., Janet B. Sall of Binghamton, N.Y., Mary V. Seyferth of Syosset, N.Y., and Debra A. Taylor of Springfield — will be crowned Queen of Winter Weekend.

Sat. eve will be devoted to a concert in the Springfield Auditorium starting at 8 and featuring the singing of Richie Havens and the music of "Factory," a musical group out of New York City.

TRANSPORTATION STUDY FUNDING

ALA LAUDS SARGENT'S STUDY, WITH RESERVATIONS

BOSTON — The Automobile Legal Association today lauded Gov. Sargent's proposal for a complete transportation study for the Greater Boston area, but warned against using highway fund money, state or federal, to finance the results.

"We agree that the only solution to urban transportation and commuting problems lies in a balanced system which would include highways, public transit, rail and buss facilities," Philip C. Wallwork, ALA's public relations director, said.

"However, we do not believe that motorists should subsidize these other forms of transportation through gasoline and other automotive taxes," Wallwork said.

"This is particularly true in Boston where the motorist already pays more to own and operate an automobile than in any other city in the country.

"The balanced transportation, of which the Governor speaks, would benefit the general public and, as such, should be paid for by the general public and not solely by motorists," he said.

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'Carousel' Poster Winners



Winners in the "Carousel" poster contest were announced by Miss Geraldine Schilling, art instructor at Agawam H.S.

Many unusual posters were among the 73 submitted. They will be used to publicize the musical to be presented March 12, 13 and 14 at the school.

Best Overall poster prize went to Linda Farnsworth, a junior.

Paste-up winners were: 1st, Cathy Campbell, 2nd, Susan Brown, 3rd, Bette Kozikowski.

In the Poster Paint category, Donna Cesan won 1st prize; Connie Bynicki, 2nd prize and Robert Scoville, 3rd prize.

A combination of Poster Pain and Paste-Up was also used and in this field Cathy Mahoney took 1st, Marcia Reed 2nd and Linda Fuller 3rd.

Honorable mentions were given to the posters of Christine Merchant, Diane Lederer, Debora Wilson, Robin Rennell, Dorothy St. Peter, Clair Melanson, Charles Cartello and Bonnie Malone.

Judges were Mr. Darcy Davis, music director and Mrs. Dorothy Eggleston of the office staff.

Shown in picture are the Paste-Up and Paint category winners: 1. to r. Cathy Mahoney, Marcia Reed and Linda Fuller.

HIGH SCHOOL CONSERVATION TEACH-IN

A high school environmental teach-in to be held April 27 has been proposed, and offered assistance, by the Mass Audubon Soc. and the Liberty Council of Schools. The proposal came in a letter sent to all Mass. high schools by Charles Roth, Audubon's dir. of ed., and Chan Waldron, Dir. of the Conservation Ed. Center of the Liberty Council of Schools.

The letter proposes the Mass. high school teach-ins be held April 27, the day H.S. vacations end and 4 days after the nation-wide college teach-ins. This gives the students time to help plan and prepare their own teach-in, and assures key speakers will be free for H.S. assemblies.

Roth and Waldron offer the services of their Environmental Ed. Curriculum Center to any seeking assistance. The center contains an env. ed. library and curriculum aids and projects for various ages. The center may be supplemented by Mass Audubon's own research files, newspaper clippings, and research and lending libraries.

The resource center, located on Route 117 in Lincoln at Audubon's Hatheway School of Conservation Ed., is open from 9 - 5. A librarian is on duty from 1 - 5. During the vacation week of April 20-24 no books may be taken from the library, to allow everyone access to the total body of information.

AGAWAM ELEMENTARY BAND

YOUNG MUSICIANS ENJOY THE CLASSICS

"Music to Remember" is the theme of this year's Agawam Elementary Concert Band — a group of 63 young musicians who have been chosen from the Elementary Advanced Bands in the el. schools. Competition was particularly keen this year among all 140 band members, and pupils were chosen through auditions on the basis of superior achievement in studying and playing their instruments, coupled with their dedicated attitude in regular band rehearsals. This honor musical group rehearse weekly in the High School Bnd room on Tuesdays after school. At present the group is working diligently on a varied musical program to be presented on a tour of Agawam El. Schools on March 12th. In addition, they will play for 2 civic events in town — St. John's Church St. Patrick's Day show at the H.S. on March 20, and will also provide a musical interlude for the Lions Club Dinner meeting April 1.

Highlights on the program feature a Concert arrangement of "Finlandia" by Sibelius, and a stirring arrangement of the "Battle Hymn of the Republic." New additions to the instrumentation of the band this year are 5 F Horn players, and 5 Bell Lyre performers. The latter quintet will be featured in a delightful bell solo, "Twilight Bells" with band accompaniment. Our own Dixieland Band comprised of 8 "swingers" — Clarinet, Saxophone,

Trumpet, Trombone, and Drum — present a novelty number called "Dixieland Blues," also accompanied by the entire band.

Assisting Mrs. Lowell instrumentally, are two alumnae of the band, David Wood and William Lowell.

Members of the 1970 E.C.B. are as follows: Brett Meyer; Frank Affitto; Darcy Davis; Steven George; Ellen Case; Patricia Carmel; Francis Carmel; Cheryl Fogg; Susanna Hall; Suzanne Wright; Elizabeth Deliso; William Wortelboer; John Balboni; Robert Johnson; Kari Hovland; Marilou DePalo; Alice Granger; Mary DeGrandpre; Ann Marie Pallotta; Carmen Rondinelli; Lynn Morassi; Sharon Cusson; Craig Rovelli; Peter Prizner; Leo Tortoriello; Barry Boccasile; James Taupier; Phillip Veccherelli; John Pisano; Daniel Taupier; Richard Kelley; Mark Marieb; Lou Ann Hallaman; Janine Jackson; Cheryl Gardner; Gregory Abbey; Michael Marvic; James Rondinelli; James Donovan; Phillip Jensen; Paul Byrne; Bruce Gregalis; David Settle; Donald Smith; Lori Cesan; Carol Ann Stepanik; Cheryl Circosta; Christine Bava; Eileen Culverhouse; Mark Fontaine; Jefford Nelson; Joe Dwinell; James Lowell; Kevin Wojciechowski; Holly Hubbard; Julie Rackliffe; Diane Pappas; Kathy Porter; Thomas Cassidy; Fred Babeski, and Thomas Cirillo.

NATIONAL CENSUS TIME THIS SPRING

Every 10 years Americans take a good look at themselves to reinforce the platform of facts on which to base plans for the future course of the Nation.

The occasion is the census of population and housing conducted once each decade as required by the Constitution. The 19th in a series stretching back without interruption to 1790 will be taken on April 1.

Responsible for the census is the Bureau of the Census, U.S. Dep't. of Commerce. The count will be conducted from 395 temporary Bureau district offices throughout the U.S., each of which will cover an area containing approximately 500,000 persons. District offices began opening on Jan. 19, with the entire group scheduled to be in operation by Feb. 9.

The census tells us what we are as a Nation and is a necessary stocktaking. History has shown us to be a practical people, busy in the pursuit of our concerns, and we need a careful look at ourselves at regular intervals. The census will throw light on all the changes that have taken place in recent years.

For the average American, the census will be a simple exercise. The Government asks that he devote a few minutes to answer questions about himself and his housing. The questions will be on printed forms that will be sent by mail to each household.

For 80% of the households there will be about 23 questions that require perhaps 15 min. to answer. Fifteen min. every 10 years is not a heavy burden. For the other 20% of the households, there will be an average of 69 questions that will require about 45 min.

It is impossible to overstate the importance of taking these few minutes to put the facts on record. Crucial decisions affecting every person in the Nation depend upon the accuracy and completeness of the census. To begin with, political power hinges on the census count: Official population figures are used to determine the fair apportionment of seats in the Congress as well as in State and local legislative bodies. Further, Fed. funds are distributed locally on the basis of census pop. figures.

Government leaders from the highest Fed. authorities to local officials plan and develop programs involving billions of dollars on the basis of what the census tells of the characteristics of people and their housing. And the same holds for non-government leaders responsible for the stewardship of our many enterprises.

President Nixon has said of the census: "Even as our pop has grown in size over the decades, so the functions of the regular census also have expanded. Today, we are interested not only in a accurate counting of heads but also in a better description of our social condition. We know that unless a people can be adequately informed about their present, they cannot make intelligent judgements about their future."

For the individual, the census is secret. No one need fear that he is exposing himself to public view. The answers he gives about himself and his housing are held in strictest confidence. Census employees are forbidden by law from disclosing any fact about a person and would be subject to heavy fine or imprisonment for a violation of the law. In processing, facts about individuals are added in various ways resulting in statistical totals that depict the state of the Nation.

Change has even affected the mode of taking the 1970 census. This year, the 65 million U.S. households can be their own census takers. Each household will receive a census quest. by mail on or about March 28 and will be asked to fill it out as of April 1 according to enclosed instructions. The number of questions asked will be on the average the fewest of any census in the past century.

About 185,000 temp. workers will be hired by the Bureau to take the census. Included will be 160,000 census takers (called enumerators); 13,000 workers in the 395 temp. offices, and 12,000 crew leaders and other supervisors, including a manager for each district office. Had not the changes in census taking methods been made and successfully proved out in field tests over a period of several years, it is estimated that 220,000 workers would have been needed to take this year's census using the same procedures employed in 1960. The 1960 total pop was 180 million compared with an estimated 205 million for 1970. The cost of taking and compiling the 1970 census will be about \$210 million.

Census workers will be employed 4-6 weeks, some longer. The process of hiring and training is underway now and will continue until April. The record that these census takers compile will become part of the fabric of American history. Their job is a challenging one, and the Nation awaits the results with anticipation.

VALLEY CHURCH SMORGASBORD

The Friendly Circle of the Valley Community Church will serve a public Smorgasbord on Feb. 21 in the Dunn Community Hall of the Church in Feeding Hills. Sittings will be continuous from 5 to 7 P.M. Reservations can be made with Mrs. Gilbert Bowden 788-0105, Mrs. Charles Ritter 788-6890, or the Church Office 734-7754.

The menu will consist of: Roast Beef, Oven Baked Chicken, Browned Hash, Scalloped Potatoes, Macaroni & Cheese, Baked Ravioli, Maine Style Baked Beans, Potatoe Salad, Assorted Gelatin Salads, Tossed Salad, Deviled Eggs, Cottage Cheese, Pickles, & Olives, Rolls & Butter, Coffe, Tea, or Milk, and Gingerbread and Whipped Cream.

Dear Friends:
Make your reservations early. Take along a few friends who appreciate good home cooking. Regardless of the weather, the hill will be clear. See you?

Sincerely,
Smorgasbord Committee

Parents are requested to contact nearest elementary school for registration of children who will enter 1st grade Sept. 1, 1970. Children must be 5 years old on or before the 1st of March 1970 to be eligible.

BAY PATH PRODUCTION 'THE BOY FRIEND'

The Drama Club at Bay Path Junior College will present its production of "The Boy Friend" on Feb. 20 and 21 at 8:30 p.m. in Mills Little Theatre in Carr Hall on the College campus. Admission to both performances is free and a limited number of tickets are available to area residents. The tickets may be picked up at the College's reception desk in Deepwood Hall before 5 p.m. on Friday, Feb. 20.

Students from A.I.C., Holyoke C.C., Springfield Technical C.C., and West Springfield H.S., plus several area residents, answered a previous public appeal from the Drama Club for talented singers, dancers and actors to fill the male roles.

All copy for this newspaper must be typed, double spaced originals. No carbons, or items which appear elsewhere before we publish, will be considered. Deadline, Monday A.M.

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Back yard Frontier

BY POLLY BRADLEY
Mass. Audubon Society

MOTORISTS ANONYMOUS

Things are getting really entertaining in the dull old environmental education dept now that the younger generation is tackling ecology action.

The college students and other young people around the Greater Boston area have formed a group called Boston Area Ecology Action, and they're full of great ideas.

For example, they've formed a group called Motorists Anonymous. They say, "If you feel an uncontrollable urge to drive your car when you have non-polluting alternatives such as mass transit, a bicycle, or your feet, call 876-7085 for free confidential counseling."

Before you laugh too hard, older generation... when was the last time you really inconvenienced yourself to try to fight the problems of pollution... or for that matter, to fight the other problems of the world?

You can fight pollution and the middle-aged spread all at the same time, if you join Motorists Anonymous.

More power to the kids!

STATE GOV'T BOOKS AVAILABLE

Available now in the Public Documents Division of Secretary of State John F. X. Daveren's office are 2 volumes, the 1,164 page bound volume of the Acts and Resolves of Mass., 1968, known more commonly as the "blue book" is priced at \$4.50.

The 438-page hard cover Manual for the General Court, 1969-70 may be had for \$1.25. Orders may be placed by mail with checks payable to the Comm. of Mass. at Room 116, State House, Boston, Mass. 02133.

Daveren said the documents division had received many requests for copies of P.D. 43, the 1968 election statistics. This volume is free and is of extreme interest to followers of the political scene. The division is known as the "book store of the State House" and is supervised by C. J. Kane of Peabody, a career employee.

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NIH THE SEARCH FOR HEALTH

A REPORT FROM
THE NATIONAL INSTITUTES OF HEALTH
BETHESDA, MARYLAND

Cataracts

A cataract is a clouding of the lens of the eye which interferes with vision. When a cataract forms, the lens changes from a clear to a milky white as does the white of an egg when cooked.

Fortunately, an opaque lens does not mean blindness for most people. Although there is as yet no medical treatment for cataracts, surgery to remove the opaque lens is successful in 98 percent of cases and is withstood even by persons of 90. The operation has been made more simple in recent years by the use of an enzyme, called alpha chymotrypsin, which loosens the ligaments holding the lens in place. Continuing research will develop further improvements in these surgical procedures.

It is no longer necessary to wait for a cataract to "ripen." Surgery is not advisable, however, for some patients because of other eye conditions.

The timing of the operation largely depends upon the patient's visual requirements. When both eyes are involved doctors often try to schedule separate operations so that the patient has the use of one eye at all times.

The removal of the lens does result in certain disadvantages to the patient. Eyeglasses may enable him to move around normally and to read, but some side vision is lost and the operated eye requires a strong lens to correct its vision. If there is a cataract in only one eye and it is removed, the images seen by the operated eye and the normal eye may not fuse. Physicians therefore sometimes recommend waiting until a cataract develops in the second eye and both lenses can be removed. If surgery is performed on only one eye, a contact lens can correct the vision in the operated eye without objectionable magnification. Some people, however, have difficulty adjusting to contact lenses.

Cataracts occur more often among people over 55 than in younger persons. As the life span increases, more people are expected to have cataracts. However, many live to an old age without them.

Conditions other than aging may also cause cataracts. Some children are born with them. German measles during the first three months of pregnancy endangers the sight of the developing infant. Diabetes and other metabolic defects, radiation exposure, and injuries to the lens may cause cataracts. Those resulting from complications of other disorders are called "secondary cataracts."

Although prevention is not yet possible, scientists at the National Institute of Neurological Diseases and Stroke, a component of the National Institutes of Health, have learned much about how cataracts form. They know, for example, that cataract formation is the result of changes in the protein structure of the lens in its carbohydrate metabolism.

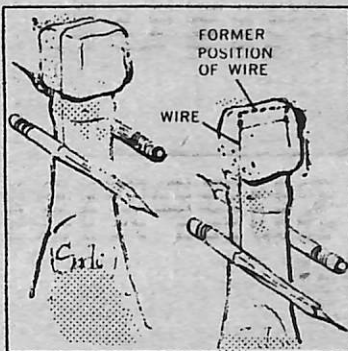
Institute scientists have studied the lens in all stages of growth, from its early develop-

Well, What Do You Know? fun, games and knowledge

by MARTHA GLAUBER SHAPP, Editor, The New Book of Knowledge

How does an ice skate glide on ice?

It doesn't! An ice skate glides on water, formed from melting ice. The ice melts from the pressure of the ice skates, and then freezes again when the skates have moved on. To demonstrate this, you need an ice cube, a soda-pop bottle, about 12 inches of thin wire, and two pencils. Wrap 3 inches of one end of the wire tightly around one pencil. Wrap the other end of the wire around the other pencil. Place the ice cube on the mouth of the bottle. Holding one pencil in each hand, place the wire across the ice cube and apply a steady downward push on the pencils. In a few moments the wire will cut all the way through the ice, yet the ice cube remains in one piece. How can this be? Pressure melts the ice directly under the wire, so the wire moves steadily through the cube. As the wire passes through, the water behind it freezes into ice again, for the pressure is



removed. Something similar happens when you skate. Your weight causes a thin layer of ice to melt directly under the skate blade. You glide forward on a

thin film of water. When the skate has passed and the pressure is removed, the water freezes into ice again.

Who were the Barnburners?

"Barnburners" was the name given to the progressive faction of the New York State Democratic Party during the 1840's. The Barnburners received their nickname from the fable of the Dutch farmer who burned down his barn in order to get rid of the rats infesting it.

Why has no one invented a perpetual-motion machine?

A perpetual motion machine is one that can keep running without any outside source of energy such as electricity, wind or heat. Many people have tried to invent such a machine. They have all failed because they did not reckon with a basic law of physics: a machine cannot deliver more energy than is put into it. Some energy is always used up by the friction of moving parts. This would stop any "perpetual-motion" machine sooner or later.

Where were the first schools in America?

The Massachusetts school law of 1647 required every town of at least 50 families to have an elementary teacher and every town of 100 families or more to have a Latin grammar school. This law marked the beginning of American public education. Other New England colonies passed similar laws. New Englanders who settled the West took this idea with them.

WEIGHT WATCHERS IMPROVE 'QUALITY OF LIFE'

Dr. Jean Mayer, who for the past year has been heading President Nixon's Conference on Food, Nutrition and Health, is an individual who is concerned about the need to end hunger and malnutrition in the U.S.

At the same time he looks at the other end of the spectrum and sees a problem just as important as hunger and malnutrition - the problem of obesity.

In an affluent society such as ours, obesity is more prevalent and more dangerous to one's health than almost any other disease. A firm, slender figure means an increased life span, less chance of heart attacks and respiratory ailments.

Dr. Mayer pointed out that there are no magic formulas for losing weight except a change in one's eating habits where the correct nutritional foods are absorbed. He cited organizations such as *Weight Watchers* as following the correct course in helping the obese.

In such organizations members participate with others who are obese, and under the guidance of a lecturer, a former fatty herself, learn how to control their weight problem and even more important how to maintain their desired weight once it is reached.

The program stresses the need for normal weight but under no circumstances makes the fat person feel guilty about his weight. Only by sympathy, understanding and discipline in cooperation with others can the obese person really succeed in losing weight.

Weight Watchers and other sensible diet control organizations have helped many thousands of overweight, according to Dr. Mayer, overcome one of the most prevalent diseases in America.



STANLEY ZUCKER

ZUCKER 'ELECTRICS' TEST BY NORTH EAST UTILITIES

The dawn of a new era for electric vehicles seemed a bit nearer with the delivery recently of 2 electric cars to Northeast Utilities' Northfield Mountain pumped storage hydro-electric power project near Northfield, Mass.

Compact and cordless, the two "electrics" will undergo testing for possible regular use in ferrying personnel along the 2,600-foot-long main tunnel leading to what will be the world's largest underground powerplant.

The 4 passenger cars have a top speed of about 20 mph and a range of some 40 miles without recharging; 110-volt outlets at each end of the tunnel run will keep each car's 8 batteries at full charge.

Gasoline fueled vehicles are not permitted in the tunnel system because they give off toxic fumes. Diesel-fueled vehicles have been used instead, but they still cause some air pollution despite special exhaust-filtering equipment.

Long recognized as a potentially important — if only partial — answer to the growing problem of air pollution, the mass marketing of electric vehicles for a wide variety of highway and off-highway uses has been frustrated by lack of significant progress in the development of batteries sufficiently powerful, compact, and inexpensive.

If the little cars pass the grueling tests planned for them at the Northfield project they will have solved a real transportation problem, and the project's fleet of such vehicles may be expanded to as many as nine.

The N.U. "electrics" were designed by Stanley Zucker, president of the Stanlift Corp. of Agawam. Mr. Zucker's company has been providing electric fork-lift trucks for area industries and such special-purpose electric vehicles as mini-ambulances and mini-fire trucks. He also has been experimenting with battery powered vehicles intended for general road use.

Formed in 1966, N.U. is a registered holding company whose major operating subsidiaries — The Conn. Light and Power Co., The Hartford El. Light Co., W.M.E.Co. and Holyoke Water Power Co. — together supply approximately 1/3 of all the electric power used in N.E.

Blood Center Schedule

PUBLIC:

Tues., Mar. 3, Spfld. Gas Light Co., 2025 Roosevelt Ave., Spfld., 10 a.m.-4 p.m.

Wed., Mar. 18, YMCA (Metropolitan), Buxton Rm., 275 Chestnut, Spfld., 10 a.m.-4 p.m.

Fri., Mar. 27, West Spfld.-Agawam Elks, Morgan Rd., West Spfld., 1 p.m.-7 p.m.

Mon., Mar. 30, Mercy Hospital Nurses' Home, 233 Carew St., Spfld., 11 a.m.-5 p.m.

PERSONNEL ONLY:

Fri., Mar. 20, American Bosch-Arma Corp., 3664 Main St., Spfld., 10 a.m.-4 p.m.

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CAMPING and OUTDOOR SHOW

A colorful and entertaining program of authentic dances and ceremonials will be presented at the Better Living Center, by the Hosaga Indians of Springfield College, under the sponsorship of the Springfield Camping and Outdoor Show.

The Hosaga Indians Dancers are men and women of the College who have made a hobby of studying Indians Lore. They make their own costumes and all other equipment used in the Program, which has been patterned after the Plains Indians.

Organized in the fall of 1947 with Professor F. Edgar Hubbard as advisor, this group of students has traveled extensively through the northeastern section of the U.S. presenting sincere and accurate interpretations of many dances and ceremonials of the Plains Indians.

Included among the equipment with which the Hosaga perform, is a 10 foot tepee and many other articles of crafts which the students have made.

Snow shoveler's beware! If you don't have a snow blower, the Mass. Chiropractic Society advises you to prevent strains and sprains by avoiding the habit of tossing the snow to one side only.



LOCALS

Bernard A. Santeniello, 69 Regency Park Drive and Gary W. Peterson, 655 Main St., have both been appointed as Notary Public and confirmed by the Executive Council.

The names of the nominees were submitted to the Council by Acting Governor Francis W. Sargent. The term of office is for 7 years.

Our nation's economy seems to be based on the belief that we shouldn't practice it.

Winter Pie Good Any Season

Take advantage of a snowy winter day to stay home and prepare this Snow Pie. Although its name implies it is strictly winter fare, the 'snow' is actually cream cheese folded into a corn starch pudding.

Snow Pie

1 (9-inch) baked pie shell 1 (3-ounce) package cream cheese, softened
1/2 cup sugar
3 tablespoons corn starch 1/2 teaspoon vanilla
2 cups milk 1/4 teaspoon almond extract

Pecan halves

Mix sugar and corn starch. Stir in 1/2 cup of the milk; set aside. Bring remaining milk to boil in 2-quart saucepan over medium heat. Stir in sugar mixture. Cook, stirring constantly, until mixture comes to boil and boils 1 minute. Remove from heat. Add cream cheese; cover and let stand 5 minutes. Add vanilla and almond extract. Beat with rotary beater 1 minute. Pour into baked pie shell. Chill. Garnish with pecan halves and whipped cream.

Weight Watchers

CURRIED SHRIMP

(Submitted by W.W. in Palm Beach County, Fla.)

1/3 cup non-fat dry milk powder
Dash of salt
1/8 teaspoon curry powder
1/4 cup water
4 or 6 ounces cooked shrimp
1 slice toast, optional

Mix the dry ingredients, add water gradually. Heat in non-stick pan, add shrimp and serve on toast if desired. Variation: Omit curry and use as a sauce for fish. Makes 1 serving.

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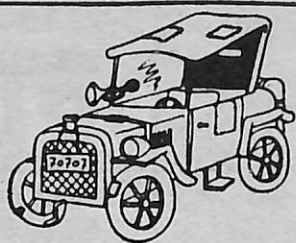
DOG TRAINING COURSE

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next class starts Thurs.

Feb 26 - 7 pm

For Further Information
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BLOOD PROGRAM TRAINING

A training class for Red Cross
Blood Program Aides will take place
in the Springfield Chapter House, 275
Maple St., Mon., Feb. 23, from 9:30
a.m. to 2:00 p.m., it is announced by
Mrs. Leslie Woods, Chairman, Office
of Volunteers.

The class is open to the public over
age 16 and advance regist. should be
made by contacting the Springfield
Red Cross Blood Office. Those taking
the course will be instructed in
performing these bloodmobile duties:
Typing of registrations, acting as
hostesses, food service, donor room
assistants and taking temperatures.
Applicants should bring a sandwich
and Red Cross will provide the
beverages. Instructors will be Miss
Ruth Bean, R.N., Mrs. A.A. Leveton,
volunteer, Mrs. Elizabeth Eldredge,
Blood Program Director and Mrs.
Robert Reass will assist in the
orientation to Red Cross.



WINTER POISON..

ANTI-FREEZE SOLUTIONS
ARE TOXIC TO CATS, WHO
SOMETIMES LAP UP
OVERFLOW OR LICK FLUID
OFF RADIATORS. IF YOUR
CAT IS EXPOSED, CALL
A VETERINARIAN
IMMEDIATELY.

SCHOOL MENUS

Feb. 23 - 27

MILK SERVED WITH
ALL MEALS

PHELPS SCHOOL

MON. — Juice, frankfrt. on btrd. roll,
relish and mustard, btrd. corn, apricots and
peaches, cookies. TUES. — Hamb. gravy,
mashed pot., spinach, btrd. and btr., choc.
cake. WED. — Sloppy joe on bun, green
salad, lemon cream cake. THURS. — Juice,
hamb. on bun, onions, rel., cat., btrd.
carrots, pineapple. FRI. — Tuna salad
sand., carr. and celery stix, pot. chips, apple
crisp.

GRANGER SCHOOL

MON. — Spagh. w/meat and tom. sauce,
breen beans, btrd. and btr., peaches. TUES.
— Juice, hamb. on btrd. roll, rel. and cat.,
cheese cube, carrots, purple plums. WED.
— Tom. soup, bean. btr. sand., bolog. sand.,
celery and carr. stix, cookies, fresh fruit.
THURS. — Stewed tom., hamb. gravy,
mashed pot., whole kernel corn, btrd. and
btr., white cake w/ fudge sauce. FRI. —
Grilled cheese sand., bean. btr. sand.,
cookies, mixed veg., pears.

PEIRCE SCHOOL

MON. — Beef pot pie /pot. topping,
harvard beets, cheese or bean. btr. sand.,
purple plums. TUES. — Spagh. w/tom. and
meat sauce, btrd. green beans, btrd. and btr.,
prune whip. WED. — Open face hot chick.
sand. w/brown gravy, sweet pot. casserole,
btrd. peas, cranb. sauce, btrd. and btr., choc.
cake w/ mocha icing. THURS. — Baked
beans /frankfurt rings, cole slaw/grated
carrots, hot raisin corn btrd., pineapple
tiddits. FRI. — Tuna sail boats, stewed
tom., pot. chips, bean. btr. sand., fresh fruit.

DANAHY SCHOOL

MON. — Juice, frank. on roll, corn, spice
cake. TUES. — Sliced bolog. on roll and
bean. btr. sand., cheese wedge, mixed veg.,
fresh pears, cookies. WED. — Mac. in tom.
and meat sauce, btrd. and btr. green beans,
peaches. THURS. — Hamb. in gravy,
mashed pot., btrd. and btr., broccoli, ice
cream. FRI. — Juice, grilled cheese sand
and bean. btr. sand., carrots, pineapple
crisp, pot. chips.

SO. ELEMENTARY SCHOOL

MON. — Orange juice, steamed franks
on btrd. bun, cheese stix, must. and rel.,
btrd. carrots, pears. TUES. — Italian
Spagh. w/meat and spagh. sauce, cabb. and
carr. salad, btrd. yeast roll, sliced peaches.
WED. — Orange juice, chick. noodle
soup/diced carr., celery stix, grilled cheese
on rye, fruit bars, apple. THURS. —
Shepherd's pie (Hamb., corn w/ pot.
topping), tossed green salad / french
dressing, bean. btr. on rye btrd., vanilla
peach pudding w/ topping. FRI. — Baked
beans - catsup, tuna salad sand., fruit slaw
salad, pear crisps w/ topping.

ROBINSON PARK SCHOOL

MON. — Hamb. gravy w/ mashed pot.,
btrd. broccoli, btrd. and btr., sliced peaches.
TUES. — Orange juice, hamb. in btrd bun-
catsup, btrd. carrots, cheese stix, raisin nut
squares. WED. — Spagh. w/ meat and tom.
sauce, btrd. gr. beans, btrd. and btr., apricots.
THURS. — Meat ball grinder w/ sauce,
btrd. mixed veg., fruited jello w/ topping.
FRI. — Juice, tuna salad sand., bean. btr.
sand., pot. chips, farmers wife salad, fruit.

JR. HIGH

MON. — Meat loaf, mashed pot.,
broccoli, btrd. and btr., ice cream. TUES. —
Juice, meat ball grind., tossed salad,
pumpkin cake. WED. — Juice, chopped
ham sand., pot. chips, cabb. and carr. salad,
fruit cup w/ bean. btr. cookie. THURS. —
Juice, hamb. on bun, btrd. stewed tom.,
bean. btr. sand., apricots w/ cookie. FRI. —
Juice, tuna fish salad, pot. chips, btrd.
carrots, raisin spice bar, btrd. and btr.

SENIOR HIGH SCHOOL

MON. — Orange juice, hamb. on roll,
pot. chips, btrd. carr., must., relish, cat.,
and sliced onion, bean. btr. sand., choc. cake w/
choc. icing. TUES. — Toasted ham and
cheese roll, mayo. and must., btrd. corn,
carr. stix, bean. btr. sand., applesauce-raisin
cake. WED. — Mac. w/ meat and cheese
sauce, cabb. and carr. slaw, btrd. and btr.,
fresh pear. THURS. — Meat ball grind. in
tom. sauce, garden salad w/ spinach greens
and chichory, bean. btr. sand., applesauce.
FRI. — Pineapple juice, pizza / tom., meat,
and cheese sauce, celery and carr. stix, bean.
btr. sand., prune-spice cake.

ANNUAL MNA SHORT COURSE

The Mass. Nurserymen's
Association will sponsor its 15th
Annual Short Course for Nurserymen
on Feb. 25 and 26, 1970. The two-day
Course will be held at the U. of M's
Waltham Field Station on Beaver St.
in Waltham.

Alterations - Repairs

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area, Tel. 736-5059.

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with you. I'm at
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RUBBISH COLLECTION SCHEDULE

Fri.	Feb. 20	Rte. 10
Mon.	Feb. 23	Rte. 1
Tues.	Feb. 24	Rte. 2
Wed.	Feb. 25	Rte. 3
Thurs.	Feb. 26	Rte. 4
Fri.	Feb. 27	Rte. 5

COMMONWEALTH OF MASSACHUSETTS Superior Court

Hampden, ss.

In Equity

To JAMES E. SULLIVAN, JR. and
JUNE M. SULLIVAN, husband and wife,
both now residing at 317 Southwick Street,
Agawam, Hampden County, Massachusetts
and to all persons entitled to the benefit of
the Soldiers' and Sailors' Civil Relief Act of
1940 as amended:

NORTHAMPTON INSTITUTION
FOR SAVINGS, a banking institution duly
organized and existing under the laws of The
Commonwealth of Massachusetts and
having its usual place of business in
Northampton, Hampshire County,
Massachusetts claiming to be the holder of a
mortgage covering certain real estate
situated in AGAWAM, Hampden County,
Massachusetts, and particularly described in
said mortgage to the Petitioner as follows:

"... a certain parcel of land situated in
that part of AGAWAM, Hampden County,
Massachusetts, known as FEEDING
HILLS, bounded and described as follows:

Beginning at a point on the Southerly line
of Southwick Street, sixty-one and 68/100
(61.68) feet Easterly of the Easterly line of
South West Street; thence running

SOUTHERLY: at right angles to said
Southwick Street by land conveyed to Mario
Rosso, et ux, by deed of Robert A. Harris, et
ux, dated September 27, 1955, recorded in
Hampden County Registry of Deeds in
Book 2419, Page 127, one hundred fifty
(150) feet; thence turning an interior angle of
90° and running

EASTERLY: along land now or
formerly of Harry A. Weller, one hundred
twelve and 58/100 (112.58) feet; thence
turning an interior angle of 90° 32' 30"; and
running

NORTHERLY: along land now or
formerly of Llewellyn D. Densmore, et ux,
one hundred fifty (150) feet to said
Southwick Street; and thence running

WESTERLY: by an interior angle of 89°
27' 30" along said Southwick Street, one
hundred fourteen (150) feet to the place of
beginning.

Subject to an easement as cited in deed
from Concetta M. Beltrandi, et al, to Joseph
L. Pisano, et ux, to be recorded herewith.
Being the same premises conveyed to us by
deed of Concetta M. Beltrandi, et al, to be
recorded herewith."

If you are entitled to the benefits of the
Soldiers' and Sailors' Civil Relief Act of
1940 as amended, and you object to such
foreclosure or seizure, you or your attorney
should file a written appearance and answer
in said court at Springfield, in the County
of Hampden, on or before March 16, 1970, or
you may be forever barred from claiming
that such foreclosure or seizure is invalid
under said act.

WITNESS, G. JOSEPH TAURO, Chief
Justice of our Superior Court, this ninth day
of February, in the year of our Lord one
thousand nine hundred and seventy.
Edward G. Shea, Clerk

Feb. 19, 1970

V.F.W. post #1632

MONTE CARLO AND SMORGASBORD

Are you interested in a nite of fun,
games, and food? The Agawam VFW
Post #1632 and their Auxiliary are
inviting you to join them at a Monte
Carlo Night. On Sat. Feb. 21, at 7:30
activities will get under way. There will
be games, prizes and a smorgasbord
supper included. This fun nite open to
the public will be held at the Moose
Hall on Bridge St., Agawam.

Reservations are recommended.
Tickets may be obtained at the VFW
Home 194 South St., or from the Co-
Chairmen Donald and Betty Curran
(733-3909), Ray Negrucci, Floyd
Landers, H. Nelson, Commander Ed.
Netkovick and President Katy
Dickinson.

Disgruntled man to friend: "I just
can't stand my psychiatrist any more.
He's getting to big for his couch."

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Legal Notices

36320 Reg.
COMMONWEALTH
OF MASSACHUSETTS
LAND COURT

To the Town of Agawam, a municipal
corporation, located in the County of
Hampden and said Commonwealth; Robert
D. Rose, Jean M. Rose, Ralph F. Esemio,
Eleanor C. Esemio, Ralph H. Marriot,
Edith A. Marriot, John P. Grimaldi,
Marilyn F. Grimaldi, Fiore Cavalloni, and
Mary C. Cavalloni, all of said Agawam;
Henry William Greening, now or formerly
of Bend, Deschutes County, in the State of
Oregon, or his heirs, devisees or legal
representatives; Edna Minnie Jankovic, now
or formerly of Rockland Village,
Orangeburg, Rockland County, in the State
of New York, or her heirs, devisees or legal
representatives; and Betty Greening, or her
heirs, devisees or legal representatives; and
to all whom it may concern:

Whereas, a petition has been presented to
said Court by Anthony Egnatowich and
Sophie Egnatowich, both of said Agawam,
to register and confirm their title in the
following described land:

A certain parcel of land with the buildings
thereon, situate in said Agawam, bounded
and described as follows:

Northeasterly by Portland Place 57.76
feet; Southeasterly by land now or formerly
of Robert D. Rose et ux 100 feet;
Southwesterly by land now or formerly of
Ralph F. Esemio et ux 48 feet; and
Northwesterly by land now or formerly of
Ralph H. Marriot et ux and by land now or
formerly of John P. Grimaldi et ux 100.48
feet.

The above described land is shown on a
plan filed with said petition and all boundary
lines are claimed to be located on the ground
as shown on said plan.

If you desire to make any objection or
defense to said petition you or your attorney
must file a written appearance and an
answer under oath, setting forth clearly and
specifically your objections or defense to
each part of said petition, in the office of the
Recorder of said Court in Boston (at the
Court House), or in the office of the
Assistant Recorder of said Court at the
Registry of Deeds at Springfield in the
County of Hampden where a copy of the
plan filed with said petition is deposited, on
or before the sixteenth day of March next.

Unless an appearance is so filed by or for
you, your default will be recorded, the said
petition will be taken as confessed and you
will be forever barred from contesting said
petition or any decree entered thereon.

Witness, ELWOOD H. HETTRICK,
Esquire, Judge of said Court, this thirtieth
day of January in the year nineteen hundred
and seventy.

Attest with Seal of said Court.

(Seal)

MARGARET M. DALY, Recorder
ALFRED R. KRAMER, ESQ.
31 ELM STREET
SPRINGFIELD, MASS.
Feb. 5, 12, 19

COMMONWEALTH OF MASSACHUSETTS

Hampden ss.

PROBATE COURT

To RONALD WAYNE WARD of
Dallas, in the state of Texas.

A petition has been presented to said
Court by NADINE MARTHA KERNER
WARD your wife, of Agawam, in the
County of Hampden, representing that you
and said petitioner are actually living apart,
and praying that said Court will make such
order as it deems expedient concerning the
care, custody, education, and maintenance
of your minor children.

If you desire to object thereto, you or your
attorney should file a written appearance in
said Court at Springfield before ten o'clock
in the forenoon on the twentieth day of
February 1970, the return day of this
citation.

Witness, ABRAHAM I. SMITH,
Esquire, First Judge of said Court, this
fourteenth day of January in the year of our
Lord one thousand nine hundred seventy.

JOHN J. LYONS, Register

Feb. 5, 12, 19

COMMONWEALTH OF MASSACHUSETTS

Hampden ss.

PROBATE COURT

To all persons interested in the estate of
ADELE SCHWEIZER BIGLIN otherwise
ADELE MARIE BIGLIN late of Agawam
in said County of Hampden, deceased.

A petition has been presented to said
Court for probate of a certain instrument
purporting to be the last WILL of said
deceased by JAMES WILLIAM BIGLIN
of said Agawam praying that he be
appointed executor thereof without giving a
surety on his bond.

If you desire to object thereto, you or your
attorney should file a written appearance in
said Court at Springfield, in said County of
Hampden, before ten o'clock on the
forenoon on the twenty-seventh day of
February 1970, the return day of this
citation.

Witness, ABRAHAM I. SMITH,
Esquire, First Judge of said Court, this
twenty-first day of January 1970.

JOHN J. LYONS, Register

Feb. 5, 12, 19

COMMONWEALTH OF MASSACHUSETTS

Hampden ss.

PROBATE COURT

To all persons interested in the estate of
OSCAR PARENT late of Agawam in said
County of Hampden, deceased.

A petition has been presented to said
Court for probate of a certain instrument
purporting to be the last WILL of said
deceased by WILLIAM C. FLANAGAN
of Springfield in the County of Hampden
praying that he be appointed executor
thereof without giving a surety on his bond.

If you desire to object thereto, you or your
attorney should file a written appearance in
said Court at Springfield, in said County of
Hampden, before ten o'clock in the
forenoon on the sixth day of March 1970,
the return day of this citation.

Witness, ABRAHAM I. SMITH,
Esquire, First Judge of said Court, this
twenty-ninth day of January 1970.

JOHN J. LYONS, Register

Feb. 12, 19, 26

for a advertising. call 732-1495



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